



**SUBMITTED BY
LINDA HAND**

ADRC Director/
Aging Director

In the summer of 2021, while reopening Washburn County senior centers, we offered alternative opportunities for nutritious meals and social activities. Community surveys screamed the desire for locals to be together again. We needed to create a safe way to dine and participate in activities outside the confined walls of the senior centers. The plan offered options for social distancing, the ability to remove masks, breathe fresh air, and share smiles.

Reserving the Community Center and Pavilion on the beautiful shores of Shell Lake, dates were set for July, August, and September. A meal is served as part of the WI Elder Nutrition Program, for a suggested donation. Afterwards, live bands provide social entertainment, inviting the entire community, at no charge. Now known as the “Summer Social Dinner & Concert Series”, people can eat inside the community center, under the tent, or bring a chair. The ADRC invites local and state agencies to have outreach tables benefiting the 50+ population, caregivers, and people with disabilities. The first year, we served 70+ meals, 100+ at concerts, and one outreach vendor, in addition to the ADRC staff, at each event. By popular demand, residents have requested to have this as an annual event, with continued growth each year. In 2024, we served 200+ meals, 400+ at concerts, and numerous outreach tables throughout the property. People now travel from throughout the region to attend the events.

In 2024, with a grant from Meals on Wheels America, we hired food trucks to prepare the meals, as it has become overwhelming for the nutrition staff to prepare and transport food to the venue. In 2025, it is anticipated numbers will once again exceed our expectations.

**MARK YOUR CALENDARS -
SCHEDULE FOR 2025:**

JUNE

Wednesday, June 18, 2025 – Summer Social Dinner & Concert Series at the Shell Lake Pavilion and Community Center. “Country Western Night” Featuring music by Larry’s Drifters & food by Performance Foods.

JULY

Wednesday, July 23, 2025 – Summer Social Dinner & Concert Series “Rock n’ Roll Night” at the Shell Lake Pavilion and Community Center. Featuring music by 2nd Time Around Band.



PHOTOS SUBMITTED BY ADRC

AUGUST

Wednesday, August 20, 2025 – Summer Social Dinner & Concert Series “Volunteer Appreciation Night” at the Shell Lake Pavilion and Community Center. Featuring music by Sean & Ian Okamoto.

WE WOULD LOVE YOU TO JOIN US!

Here are video links of the social events that highlighted our volunteers, staff, and the community as a whole. You can follow the progression of attendees, social distancing, the number of outreach organizations, and the overall happiness that has transcended since the pandemic ended. I would call this pilot for combating social isolation a huge success!

2022 Summer Social Dinner & Concert:

<https://www.youtube.com/watch?v=HG1Zfh0qiIo>

2023 Summer Social Dinner & Concert:

<https://www.youtube.com/watch?v=-zJaIt8VMKY>

2024 Volunteer Recognition Night:

<https://www.youtube.com/watch?v=qtmTMcIfGyw>

2024 Dementia Awareness Night:

<https://www.youtube.com/watch?v=3HEpTabkIPo>

CHANHASSEN DINNER THEATRE

Chanhassen Dinner Theatre Luncheon & Musical “Grease” Charter Bus Trip

WHERE DO WE GO NEXT?



Thank you to everyone who attended the Grease musical! It was such a perfect day, the sun was shining, and the weather nice and everyone was smiling and having fun! I especially loved the selfie station that they had there, what a neat idea and such a big hit with everyone! So many of you came up to me with suggestions on the next trip. If you have, ideas please email them to adrc@co.washburn.wi.us and we will look at all the options. We do like to stay within a 2-3 hour drive radius, so it does not require an overnight trip.

Thanks again, without you all this trip would not be such a huge success!
Amber Anderson, ADRC of Washburn County Transportation Coordinator

Thank you to Beau Petersen Photography and Video Productions for capturing the memories.



PHOTOS SUBMITTED BY ADRC

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for your
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Thomas Sutton
LPL Financial Advisor

219 N River Street
Spooner, WI 54801
715-635-3136
thomas.sutton@lpl.com

Located in the Shell Lake State Bank:
Spooner – Minong – Hayward – Stone Lake



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THE ADRC OF WASHBURN COUNTY
WELCOMES CHARLOTTE JAEGER AS
THE NEW ADRC NUTRITION
DIRECTOR

Hello, some of you may already know me. I was the site manager at the Shell Lake Senior Center for the last two years. I also worked at Spooner at that center, and helped at Birchwood when needed.



PHOTO SUBMITTED
Charlotte Jaeger
ADRC Nutrition
Director

I am very grateful to have the opportunity to serve in the new role as the Nutrition Director. I have a deep-rooted desire to continue to work with seniors in our county.

I have many years' experience with the nutrition program. I had worked several years as a dietary manager in nursing homes. I had stepped away from that for a little time, to work in a school system, but realized that my heart was not being fulfilled. I miss working with seniors. So I applied at Washburn County ADRC for a site manager position. It was so wonderful to be working with seniors again.

I am looking forward to continuing working in this much-needed program, along with meeting more of the seniors in our community.

I hope I can continue to reach as many individuals in Washburn County that need our meal assistance.

BRAIN BREAK
PBS WISCONSIN SCREENING

BRAIN BREAKS ARE FUN ACTIVITIES
THAT ARE ALSO GREAT FOR YOUR
BRAIN HEALTH!

Alzheimer's and the
Gut-Brain Superhighway.

UW-Madison researchers Barbara Bendlin and Federico Rey discuss the factors that can impact brain aging, with a focus on the role the gut microbiome can have on brain health.

WHEN: WEDNESDAY APRIL 23RD
10:30 - 11:30 am

WHERE: Birchwood Senior Center
110 Euclid Ave
Birchwood, WI 54817



Contact with questions:
Patryce Garcia
715.635.4477
pgarcia@co.washburn.wi.us

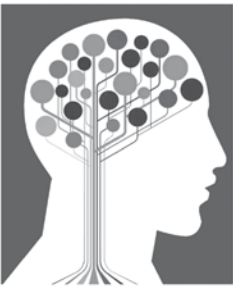
BOOST YOUR BRAIN
AND MEMORY

Boost Your Brain and Memory was designed to help participants implement new habits to maintain cognitive health while also practicing new skills for better memory performance.

THIS PROGRAM HAS 6 SESSIONS:

WHEN: TUESDAYS STARTING APRIL 1st
10:15 - 11:15 am

WHERE: Minong Senior Center
700 Houston Ave.
Minong, WI 54859



Attendance is FREE,
(but Space is Limited)
Please call or email
Patryce to register
715.635.4477
pgarcia@
co.washburn.wi.us



Linda Hand, ADRC/Aging Director
715-635-4460

ADRC of Washburn County Staff Contacts as of
APRIL 2025

This is a list of our staff by position, with contact information. If they are unavailable to answer your call, please make sure to include a detailed message, which includes your full name, phone, and description of the information and services that you are seeking. If a staff member's message states they are out of the office, you can still call our main number to see if another staff member can assist you at 715-635-4460.

Nichole Caudill & Bethany Miller - Information
& Assistance Specialist (I&A) - 715-635-4460

Our I&A staff provide support to all adults regarding the needs of persons with disabilities, older adults and their caregivers, and they explore what programs or services meet those needs. They take the time to get to know your situation, and collaborate with you and your support network on next steps.

Tara Macone - Elder Benefit Specialist (EBS)
715-635-4478

The EBS helps people ages 60+ navigate both private and public benefits, including Medicaid, Social Security, Medicare, prescription plans, Food Share and many other options to help seniors.

715-635-4460 and 833-728-3400
304 2nd Street, PO Box 316,
Shell Lake, WI 54871

HOURS: 8:00 a.m. - 4:30 p.m. M-F
www.co.washburn.wi.us
https://adrcwashburncounty.org/

Theodore (Ted) Hampe - Disability Benefit
Specialist (DBS) - 715-635-4466
A DBS assists people age 17 ½ - 59 who have a disability. They can help with questions and applications related to Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), Medicaid, Food Share and other public and private benefits for adults with disabilities.

Patryce Garcia - Dementia Care Specialist
(DCS)/Caregiver Support Coordinator
715-635-4477
DCS provide information and support to adults with dementia and their caregivers. The role of Caregiver Support Coordinator assists residents throughout the county who act as caregivers for elderly, disabled, and grandparents raising children in many capacities.

Charlotte Jaeger - Nutrition Director
715-635-4467
The Nutrition Director oversees the Washburn County Elder Nutrition Program, which provides congregate Meals and Home Delivered Meals through our sites.

Washburn County Nutrition Site Managers
Kristi Shoop (Birchwood) • Laura Gomez (Minong)
Hope Dodge (Shell Lake) • Jena Hammersberg
(Spooner) • Jennifer Ganske (Spooner Cook)

Amber Anderson – Administrative/
Transportation Coordinator - 715-635-4465
Washburn County Transit provides medical, nutritional, and social rides for residents age 60+ and adults with disabilities.
Washburn County Transit Drivers
Fred Kosmach • Dean Martin • Mike Schroeder
Victoria Corton

Lana Balts - Fiscal Assistant
715-635-4463

Aging & Disability Services Committee
Joe Hoy – Chair
George Cusick – Vice Chair
Kasey King • Jocelyn Ford • Lolita Olson

ADRC Governing Board
Bob Olsgard - Chair
Danielle Larson • Char Snarski
Colleen Cook • Shell Lake Open Seat
Mark Van Etten • Mike Linton • Mike Schroeder
Anthony Vabilaitis

ACCEPTING APPLICATIONS FOR THE
CITIZENS' ADRC GOVERNING BOARD!

Please contact
LINDA HAND, ADRC DIRECTOR,
at 715-635-4460 for more information.

DISABILITY BENEFITS

CAN YOU GET APPROVED FOR DISABILITY WHILE WORKING?

SUBMITTED BY TED HAMPE
ADRC Disability Benefits Specialist

One of the questions that a Benefit Specialist is called about is, “Can I still be working and apply for disability benefits?” The answer is yes. To be eligible for disability benefits, a person must be unable to work or engage in substantial gainful activity (SGA).



PHOTO SUBMITTED
Ted Hampe
Disability Benefits Specialist

In 2025, SSA (Social Security Administration) has defined SGA as \$1,620.00 a month. A person who is earning more than that amount monthly is ordinarily considered engaging in SGA. If you believe you are disabled and earning less than \$1,620.00 (Gross) you may qualify for disability benefits. The Social Security Act specifies a higher SGA amount for statutorily blind individuals; Federal regulations specify a lower SGA amount for non-blind individuals. Both SGA amounts generally change with changes in the national wage index.

It is possible to be approved for disability while you are working. However, if the SSA determines that you are engaging in substantial gainful activity – earning over the income limit (\$1,620.00) then your disability claim may be denied.

Social Security rules on working while applying for disability or awaiting a determination are complex. While you may still qualify for disability benefits while working, the SSA might deny your disability application on the basis that you are not disabled.

There are many things to take into consideration before you file for disability benefits. Please contact the Aging and Disability Resource Center of Washburn County at 715-635-4460 so a Benefit Specialist can check in with you to help you determine whether you may be eligible for SSDI and/or SSI benefits.

INDIGO NEWS

ARE YOU A CITIZEN?

SUBMITTED BY DON POSH
IndiGO Your Allies for Independence

Do you remember civics class in High School? Civics is the study of rights and responsibilities of citizens in a society. In my own experience, we had to pass the constitution test to graduate. So what happened? Have many of us forgotten how to be part of a Representative Democracy? **We the People!**

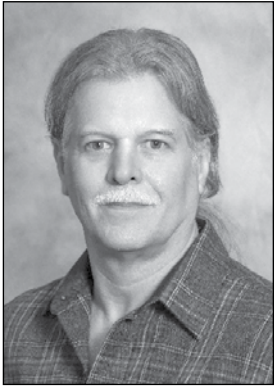


PHOTO SUBMITTED
Don Posh

It is interesting that some people can spend hours on social media airing their concerns and complaints to the internet universe. The results are some agree and some don’t, so what’s been accomplished?

Getting issues to the forefront of elected officials is the responsibility of the citizens. We elect our representatives to serve us! This is where your complaints and concerns need to be shared. Our taxes pay their salaries! It doesn’t matter if the representative is someone you voted for, they are still supposed to be working for you and the constituents of their district or state.

A former state senator informed me that 10 calls pertaining to a specific issue is enough to get their attention. Only 10 calls from 144,476 voting age citizens.

So, do you have 5 minutes? That’s all the time it takes to call your representatives. Calls, emails, texts and letters all add up and can help to drive your position on an issue to the forefront. You can do it from the comfort of your home or anywhere you can get phone service! Be polite but firm, no curse words or accusations, stick to your issue and make your point.

Be well WE’RE ALL in this together!

For more information on independent living contact: indiGO serving Douglas, Bayfield, Iron, Price, Sawyer, Washburn, and Burnett Counties including Tribal communities of Red Cliff, Bad River, La Courte Oreilles and St Croix. Main office: 800-924-1220 V/TTY

Our non-profit agency, indiGO, aims to empower individuals living with disabilities and we are available to assist ALL ages and disabilities. We are not a vendor and do not sell any products, but we are here as a resource.



HEAVENLY RECIPES - FACEBOOK PAGE

BALSAMIC STRAWBERRY CAPRESE

Ingredients:

- 3 cups strawberries, sliced
 - 1 cup mozzarella ciliegine, sliced into halves
 - 1/3 cup basil, chopped
- For Vinaigrette:
- 3 tablespoons balsamic vinegar
 - 1 tablespoon extra-virgin olive oil
 - 1 teaspoon honey
 - Salt and pepper to taste

Directions:

Step 1: Whisk together all ingredients for the vinaigrette.
Step 2: Combine strawberries, mozzarella, and basil in a large mixing bowl. Drizzle with dressing and toss gently to coat.

Prep Time: 10 minutes Total Time: 10 minutes Servings: 4



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For more information, please visit **GreenValleyDentalCare.com** or give us a call: **715-635-7888**

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- No waiting period
- No monthly premiums or deductibles
- No yearly maximum



GREEN VALLEY DENTAL CARE

Paul A. Kloek, D.D.S.
W7154 Green Valley Rd.
Spooner, WI

SENIOR NEWS



Medicare 101 - Lunch & Learn

Medicare & Other Health Insurance - From a Consumer's Perspective

MEET YOUR HOST:
Tara Macone, ADRC of Washburn County, Elder Benefit Specialist



PHOTO SUBMITTED
Tara Macone
Elder Benefit Specialist

WHEN:
Friday, May 16, 2025
Lunch served 12:00 noon
Presentation starts at 1:00 p.m.

WHERE:
Washburn County Well-ness Center 50+,
850 W. Beaverbrook Avenue, Spooner, WI

WHO:
Hosted by ADRC Elder Benefit Specialist,
Tara Macone.

PRESENTATION BY:
Steve Shapiro, Medigap Insurance Specialist (counselor) with the State of Wisconsin, Board on Aging and Long-Term Care – known as the Medigap Helpline

WHAT: Seating is limited. Reservations are required. Call the ADRC office at 715-635-4460.

WHAT WILL THIS SEMINAR COVER?
The presentation will start with a brief explanation of the WI Medigap Helpline Services Program - Medigap Helpline and the Medigap Part D & Prescription Drug Helpline who they serve and an introduction to their improved web platform.
Next, Steve will cover Medicare Enrollment Options, Medicare Basics, Medicare “other” coverage strategies using Medicare Advantage,



PHOTO SUBMITTED BY ADRC
Steve Shapiro at the Summer Social Dinner & Concert Series, Shell Lake, WI

STEVE SHAPIRO BIO:
Steve possesses 42 years of experience in the health insurance industry in Wisconsin. Including 18 years and currently as WI SHIP Counselor for the State of Wisconsin (government). After earning a bachelor's degree from Northland College, Steve began his insurance career as an agent and later moved into roles as a health and as a disability insurance claims examiner. Now as an insurance specialist with the Medigap Helpline, Steve is an advocate for consumers who seek to understand their health

insurance costs and benefits. During his long career, Steve has counseled thousands about their health insurance needs and the product choices available to them and has assisted many in the resolution of complex health insurance issues, which negatively influence the lives of individuals whom he now serves – the health insurance consumer in the State of Wisconsin.

Medigap (Supplement) or Employer Group/Retiree Coverage.
Steve will then explain Medicare Part D and other Prescription Drug Coverage strategies like WI SeniorCareRX, Military, and WI Medicaid.
In conclusion, Steve will discuss programs that provide help for those with limited income and resources, with a wrap up-with overview of WI SHIP and WI SHIP Resources.
This will be a fast-paced presentation. Steve

will be counseling the audience as he goes through this information with a focus is on the insurance needs of the consumer and the insurance strategies (products) that participants can choose from in WI.
Steve will also address the anxiety we all feel about health insurance and hopefully, alleviate your concerns – especially about Medicare.

8 Essential Senior Foot Care Tips For Improved Health

<https://dailycaring.com/8-essential-senior-foot-care-tips-for-improved-health/>

Healthy feet help seniors stay as mobile, balanced, and independent as possible. To reduce the risk of foot problems that could affect overall health, Vive Health shares 8 essential senior foot care tips that help keep your older adult's feet comfortable and healthy.

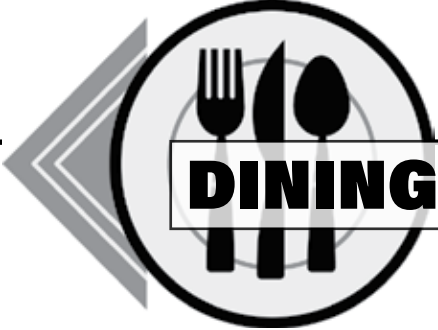
AGING FEET NEED EXTRA CARE
Aging takes a toll on the feet. But with a long caregiving To-Do list, out-of-sight tasks like foot care can be easily forgotten. Over time, feet flatten and become wider. The fatty padding naturally wears down. That leaves the

bones and joints of the feet more exposed to wear and tear. An injury as simple as a bad blister can impair mobility, balance, and overall function in older adults. Skin breaks, sprains, neuropathy, ingrown toenails, and injuries like fractures could be the first domino to fall and lead to a cascade of health conditions that could seriously affect your older adult's health and well-being.
To keep aging feet healthy and reduce the risk of health issues indirectly caused by foot problems, use these 8 essential senior foot care tips.

1. KEEP FEET CLEAN
Depending on whether your older adult bathes on their own or needs help, their feet may only get washed once in a while during

the week. Since good foot hygiene is critical to preventing fungal, viral, and bacterial infections, routine foot cleaning may need to happen outside of the bath or shower. Making a regular habit of simple foot wipe downs with warm water, soap, and a washcloth will do the trick. And if done at night, it can even promote relaxation prior to sleep.
2. MOISTURIZE FEET
Dry skin is more prone to cracking, flaking, and breaking which is why moisturizing is so important for preventing open foot sores, especially for older adults whose skin is drier. Foot

APRIL		LUNCH & HOME DELIVERED MEALS MENU			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Brat on a Whole Grain Bun Sweet Potato Puffs Potato Salad Yogurt Parfait with Berries 1	CLOSED FOR STAFF TRAINING NO MEALS SERVED OR DELIVERED 2	Home-Style Meatloaf Mashed Potatoes and Gravy California Blend Vegetables WG Bread Strawberry & Whipped Cream 3	Spring Tuna Salad Sandwich on WG Bread with Lettuce and Tomato Apple & Red Cabbage Slaw Crisp Grapes 4	
Strawberry Spinach Salad with Chicken Spring Marinated Vegetable Salad Fresh Banana Whole Grain Bread MINONG DINING AT 5 7	Broccoli & Chicken Fettuccini Alfredo Garden Salad WG Garlic Breadstick Fresh Clementine 8	Beef Tips and Gravy over Mashed Potatoes Broccoli and Carrots WG Bread Fresh Fruit Lemon Cake with Frosting 9	Ham & Cheese Baked Potato, Sour Cream Roasted California Medley Whole Grain Bread Peaches 10	Fish Cakes w/Lemon Dill Sauce Sweet Potato Mixed Berry Salad Three Bean Salad Whole Grain Roll 11	
Sweet and Sour Chicken Stir-Fry Veggies over Brown Rice, Egg Roll Asian Cabbage Salad Home-Made Cookie SHELL LAKE DINING AT 5 14	Spaghetti & Meatballs Caesar Salad WG Garlic Breadstick Chocolate Pudding with Bananas 15	BBQ Baked Ribs Baked Beans Potato Wedges Pineapple Apple-Cranberry Coleslaw Broc-Cheddar Cornbread 16	Baked Chicken Breast with Mushroom Gravy Dill Glazed Carrots Baked Potato WG Bread Strawberry Pretzel Dessert 17	CLOSED FOR HOLIDAY OBSERVANCE NO MEALS SERVED OR DELIVERED 18	
Cheeseburger on a Whole Grain Bun Italian White Bean Salad Sweet Potato Wedges Applesauce SPOONER DINING AT 5 21	Black Bean Chicken Enchiladas with Refried Beans, Spanish Rice, Mexican Coleslaw Fruit Salad BIRCHWOOD DINING AT 5 22	Parmesan Crusted Cod Homemade Tartar Sauce Parsley Red Potatoes Asparagus Honeydew Whole Grain Bread 23	Oven Roasted Turkey Mashed Potatoes Gravy Buttered Carrots Cranberry Wild Rice Bread Cranberry Fluff 24	Swedish Meatballs over Egg Noodles Confetti Corn Fresh Side Salad Peaches 25	
Sliced Baked Ham Scalloped Potatoes Peas & Onions Whole Grain Bread Pineapple 28	Mongolian Beef with Cilantro Lime Rice Sautéed Bell Peppers Green Beans Fresh Orange 29	BRUNCH FOR LUNCH Spinach & Cheddar Egg Bake Diced Potatoes Sausage Links WG Bread Fresh Apple V8 Vegetable Juice 30			
• ALL MEALS SERVED WITH 1% MILK • MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO FOOD AVAILABILITY FOR RESERVATIONS CALL: Spooner Wellness Center: 715-635-8283 • Shell Lake Senior Center: 715-468-4750 Birchwood Senior Center: 715-354-3001 • Minong Senior Center: 715-466-4448 EVERYONE IS WELCOME: Those eligible to participate on a contribution basis include anyone age sixty and older. Suggested contribution is \$6.00 - \$8.00 per meal. Individuals under the age of sixty are welcome, but must pay the full meal cost of \$15.00 to participate.					



DINING @ 5

MINONG MENU
MONDAY, APRIL 7th
Chicken Pesto Cheese Tortellini
Salad Bar
Garlic Breadstick
Cheesecake

SHELL LAKE MENU
MONDAY, APRIL 14th
Meatloaf
Parsley Red Potatoes
Green Beans
Dinner Roll
Pineapple Cake

SPOONER MENU
MONDAY, APRIL 21st
Stuffed Pork Chop over Rice Pilaf
Honey Glazed Carrots
Strawberry Spinach Salad with Toasted Almonds and Feta
Turtle Cheesecake

BIRCHWOOD MENU
TUESDAY, APRIL 22nd
Classic Italian Lasagna
Brussel Sprouts w/Bacon
Garden Salad
Garlic Breadstick
Kristi's Choice Dessert

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Suggested Contribution is \$8.00 - \$10.00
Cost: \$15.00 for anyone under 60 years old.
PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE
Shell Lake: 715-468-4750 • Spooner: 715-635-8283
Minong: 715-466-4448 • Birchwood: 715-354-3001

VOLUNTEERS NEEDED: • Would you like to do something meaningful to give back to the community? • Do you like helping people in need? • Would you like to make people smile? Make a difference! Become a Home Delivered Meals Volunteer Today!	YOU GIVE US: • One day per week (approximately 3 hrs.) • Compassion for people in need • You own transportation WE GIVE YOU: • A hot, nutritious lunch • Equipment needed to keep food safe • Mileage reimbursement	• A bunch of new friends and the best feeling of fulfillment If interested in volunteering for meal delivery, please contact Valerie at the Aging and Disability Resource Center at 715-635-4467
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SENIOR CENTER NEWS

MINONG AREA SENIOR CENTER

700 Houston Street, Minong | 715.466.4448

NUTRITION SITE MANAGER: LAURA GOMEZ - 715-466-4448
PRESIDENT: POLLY LEINWANDER

POLLY LEINWANDER
MASC President

Minong Area Senior Center

Hello from the Minong Area Senior Center

How sweet it was! Monday, February 3rd was the monthly Dining at Five and the theme revolved around Valentine's Day. The tables were beautifully decorated with multi-colored hearts strewn across the table, a centerpiece of a tree trimmed with hearts, Valentine's Day name tags with chocolate kisses for each guest and a "You are Loved" button. The buttons were from 97.3 LIFE Radio station in Duluth. Last year over 9,000

buttons were handed out over the Northland and 97.3 is bringing it back this year. Buttons are handed to friends and strangers you come across that you feel need to be reminded that they are loved.

Patio lights were strung across the ceiling to add to the ambience. All guests were provided with the opportunity of having their pictures taken with the Valentine's themed wall drop.

Dinner began with the Lovely Garden Salad with all of the goodies and heart shaped beets and a bread stick. Next on the menu was the tasty Creamy Tuscan Chicken with spinach and artichokes served with garlic butter quinoa. The

Heavenly Banana Split Cake lived up to it's name "Heavenly" The evening ended with our signature bingo game. It was a great evening - good friends, good food and a good time.

Our sincere thanks to the Aging Disability Resource Center Nutrition program for providing the food, Laura our cook and her staff for all that they do including serving the food, and the volunteers who decorate and all who help with the clean up.

Congratulations to Valerie VanderBent on her soon to be, new title, as "New Mother". We would like to Thank you for all that you have done for us as the ADRC Nutrition Director. You will be missed!

Our February, Valentine's Day Potluck/Bingo was well attended. The bingo pots were doubled and numerous prizes were given out. Everyone was given a heart-shaped Valentine's box with various chocolates. There was a very gener-

ous amount of tasty food for the potluck. March Potluck/bingo is scheduled for March 15th.

Tuesday, March 25th will be a Taste Testing event at the center. 11:00am - 12:30pm. The nutritional benefits of Proteins & Fiber! Cribbage will be taking a break the end of April and resuming in Fall.

Please check the Spooner Advocate, "Minong Area Senior Center News", and FB for weekly updates.

Looking forward to seeing you at the center.

HIGHLIGHTS FOR APRIL:

- April 7th, Dining At Five.
- April 9th, Lunch with Friends 11:30am.
- MASC Board Meeting, 1:30pm
- April 12th, Potluck and Bingo
- April 16th, Foot Care. Call 715-466-4299 to schedule an appointment.
- April 18th, Center is closed. Good Friday/Passover.

SPOONER SENIOR CENTER

WASHBURN COUNTY WELLNESS CENTER 50+

850 W. Beaverbrook Ave., Spooner | 715.635.8283

NUTRITION SITE MANAGER: MARY LAWSON
CO-CHAIRMAN: LYNN BEARD | 715-520-3569

VERDELL PETTEY
WASHBURN COUNTY WELLNESS
CENTER 50+ NEWS

Verdellpettey@gmail.com

"Tell Me More", a song from the movie "Grease" fits well for my article this month. I attended the ADRC trip to the Chanhassen Theater to see the play "Grease" in February. I like to dance but I doubt if I could make any of those dance floor moves!

NOW TO TELL YOU MORE. What goes on in the bus on an ADRC trip?

- 1) Relaxation- as driving is left to a GREAT bus driver.
- 2) Smiles and laughter.
- 3) New friends.
- 4) Non-stop visiting.

- 5) Window sight-seeing.
- 6) Photo shots of memories being made.
- 7) Naps. How does this differ from childhood days of riding in a school bus?

Well, there's no spit balls; no clanging lunch boxes; no fighting; no bubble gum waded on the back of the seats. Thank you ADRC staff (Amber's reservations work was awesome) for this fun event for Washburn County's Seniors.

Be sure and check the Sr. Center's Activity Calendar in this FOCUS. It tells what there is to do during the week. Dennis Prochnow and a small group meet to play Mexican Train Dominoes every Monday. They carefully select each dominoe, examine and place it for the next strategic move.

First player out of dominoes wins.

March 7th the movie "Wicked" was shown. It's free. Just come at 1PM on the first Friday of the month for First Friday Flicks.

St. Patrick's Day Dining @ 5 was so enjoyable with the Bingo games starting at 3:30

with Mary and Ed Schmocker; the TLC Bar's Irish Pride Mocktails; the table settings and decorations by Paula Campbell; the corn beef and cabbage dinner and GREEN

pistachio fluff by our great kitchen staff including the volunteers who help serve. Over

75 people attended. The April Dining @ 5 will be April 21st. Remember to sign up

right away in the beginning of April. Call 715-635-8283.

Two more March events included the Senior Lunch Out to the Social Kitchen and Bar in Hayward on March 21st. The sign up sheet for these events is available at the center. Rides may also be available to make it easy to attend. Call Lynn Beard 715-520-3569. On March 23rd, Sun-

day Funday featured the movie "Thelma" after a delicious soup luncheon. Thank you to those who brought crockpot soups to share. It tasted so good.

The name of the April 4th movie is "A Complete Unknown" Bob Dylan. Please add that to our calendar....First Friday Flick!

An Alzheimer's Association Lunch and Learn is happening April 17th, 10-11:30am at the center. Current research and updates for treatments will be available. Call the ADRC at 715-635-4460 for more details.

My thoughts are drifting to longer summer evenings now with daylight savings time. Save these dates for the Summer Socials at the Shell Lake Pavilion: June 18th, July 23rd, and August 20th. Great bands are lined up already for dancing near the shores of Shell Lake. Meanwhile the weather rock blew away in all the wind. Guess we're on our own now to guess what the weather is doing.

HAPPY EASTER to you all. Grandma's Bunny Cake is a favorite.

24/7, CONFIDENTIAL CRISIS SUPPORT FOR VETERANS AND THEIR LOVED ONES

If you're a Veteran in crisis or concerned about one, reach caring trained responders 24 hours a day, 7 days a week.

When you call the Veterans Crisis Line, here is what you can expect:

- A qualified responder will answer your call, ready to listen and

help.

- The responder will ask a few questions, such as whether your or the Veteran you're concerned about may be in immediate danger or at risk for suicide.

- The conversation is free and confidential, and you decide how

much information to share.

- Support doesn't end with your conversation. Our responders can connect you with the resources you need.

You don't have to be enrolled in VA benefits or health care to connect.

You're not alone - the **Veterans Crisis Line** is here for you

- Dial 988 then Press 1
- Chat online at VeteransCrisisLine.net/Chat
- Text 838255

U.S. Department of Veterans Affairs

Washburn County Wellness Center 50+ Celebrates World Tai Chi and Qigong Day

SATURDAY,
APRIL 26, 2025
9:30 A.M. TO 12:00 P.M.

WORLD TAI CHI/QIGONG DAY
One World...One Breath

On the last Saturday of April at
10:00 a.m. local time worldwide,

the world is invited to join in on a
mass Tai Chi and Qigong demon-
stration and teach-ins held in over
80 nations. This educational event
brings people together across

ethnic, racial, religious, and geo-
political borders in a celebration
of personal and global health and
healing. Its motto is “One World
One Breath”.

Harvard Health Publications has
called Tai Chi “moving meditation”
for a myriad of health issues. Tai
Chi and/or Qigong can help reduce
chronic pain issues; dramatically
improve balance; dexterity, and
sports performance; helps to lower
high blood pressure; improve
sleep; and much more.

This is the 2nd Annual Cele-
bration in Spooner, WI sponsored
by the Northwest Wisconsin Tai
Chi/Qigong Club and the ADRC of
Washburn County.

What you can expect:

- A brief introduction of both Tai Chi and Qigong.
- Demonstrations of various styles of Tai Chi and Qigong.
- Breakout sessions for each person to experience the art of Tai Chi or Qigong, and to ask question you might have.

THIS EVENT IS OPEN TO THE
PUBLIC AT NO CHARGE.

Date: Saturday, April 26, 2025
Time: 9:30 – 12:00 p.m.
The location for this event will be
the Washburn County Wellness
Center 50+, located at 850 W. Bea-
verbrook Ave., Spooner, WI.

YOUR LOCAL CONTACT FOR THIS
EVENT IS:
Don Ross 715-520-8121

<https://nationaltoday.com>
World Tai Chi and Qigong Day is
an annual event that takes place
on the last Saturday of April, to
promote the related martial art
disciplines of Tai Chi and Qigong
across the world. This year, it takes
place on April 26. Starting in 1999,
the movement saw people in up to
80 countries take part in Tai Chi
and Qigong activities to help foster
a greater understanding of the art
forms, as well as the medical and
spiritual benefits that they bring.

HISTORY OF WORLD TAI CHI AND
QIGONG DAY
The Chinese martial arts disci-
plines of Tai Chi Chuan (or Tai Chi)
and Qigong are practiced by mil-
lions around the world. The prac-
tice emphasizes the use of body

SENIOR CENTERS ACTIVITY CALENDARS

MINONG AREA SENIOR CENTER: 715.466.4448

700 Houston St.
CONGREGATE DINING 11:30 AM (Need to register 1 day in advance)

- TUESDAYS:** Farkle (1st, 3rd & 5th Tuesday’s of the Month).....12:00 PM
Cards (2nd & 4th Tuesday’s of the Month).....12:00 PM
Wii Bowling (every Tuesday).....12:00 PM
- WEDNESDAYS:** Pocket of Prayer 7:00 AM
MASC Board Meeting (2nd Wednesday Monthly).....1:30 PM
Foot Care (3rd Wednesday of the Month)
Call 715.466.4299 to Schedule Time
- SATURDAYS:** 2nd Saturday of each month (some exceptions but will be advertised
if changed).....POTLUCK NOON; BINGO 1:00 PM

- SPECIAL HIGHLIGHTS:**
MONDAY APRIL 7: Dining at 5
WEDNESDAY MARCH 12: Lunch with Friends.....11:30 AM
WEDNESDAY MARCH 12: MASC Board Meeting.....1:30 PM
SATURDAY MARCH 15: Potluck and Bingo (note change tot 3rd Saturday for March only.)
TUESDAY MARCH 25: Minong Senior Center - Nutritional Taste Testing Day

SPOONER SENIOR CENTER: 715.635.8283

WASHBURN COUNTY WELLNESS CENTER 50+
850 W. Beaverbrook Ave. CONGREGATE DINING 12:00 PM

- FRIDAY:** 1st Friday of the month - First Friday Flicks (Movie) 1:00 PM
March featuring “Wicked”
Every 3rd Friday - Savvy Senior Book Club 10:30 AM
- MONDAYS:** Cribbage and Mexican Train Dominoes, TaiChi all at 1:00 PM
- TUESDAYS:** Mah Jongg 1:00 PM
- WEDNESDAYS:** Chair Dancing.....9:30 AM
500 Cards & Bridge 1:00 PM
- THURSDAYS:** Mah Jongg 9:00 AM
Games.....10:00 AM
Hand and Foot.....1:00 PM

SHELL LAKE SENIOR CENTER: 715.468.4750

FRIENDSHIP COMMONS
210 4TH AVENUE CONGREGATE DINING 11:30 AM

- MONDAYS:** Tai Chi 10:30 AM
1st MONDAY: Painting 1:00 PM
2nd MONDAY: Dining at 5 5:00 PM
- TUESDAYS:** Games.....9:00 AM
Cribbage 10:30 AM
- WEDNESDAYS:** Games.....9:00 AM
Quilting.....9:00 AM
Smear.....1:00 PM
- THURSDAYS:** Games.....9:00 AM
Cribbage 12:30 PM

TAI CHI

FROM PAGE 12

alignment, slow movements, and breathing techniques that help the practitioner improve their inner strength. Practicing these forms can help improve one’s blood circulation, posture, and both mental and physical balance. Both arts have their roots in ancient Chinese history, stemming mainly from Taoist, Confucian, and Buddhist meditation principles and self-defense practices. Their philosophies evolved from the writings of various Taoist figures, such as Lao Tzu, but truly formed as practices after Buddhism was introduced in China around 206 to 220 B.C.

The first form of Tai Chi as a practical tradition was documented in Northern China in the 16th century, but the most widely recognized form practiced today is the ‘Yang style,’ which was spread by martial arts expert Yang Luchan in the 19th century. In the 20th century, the Chinese government helped standardize Tai Chi’s various methods, helping martial arts gain wider recognition. The event that inspired World Tai Chi and Qi-gong Day took place in Kansas City, Missouri in 1998, where the local Tai Chi club held a public exhibition in front of the Nelson Atkins Museum of Art aiming to promote the martial arts practice. Residents were free to join in and take part.

After receiving coverage from major U.S. media outlets, the event generated interest gradually, beginning in other American cities until it eventually spread world-wide by 1999, with events held in various nations and cities. The goals of the event are to educate the world about the medical and spiritual benefits that both arts offer, and the benefits of implementing these ancient Chinese traditional ideas in health, education, business, and more. These are taught through events such as mass Tai Chi demonstrations, exhibitions, free classes, and education seminars. By doing so, the movement helps foster a vision of cooperation that transcends geopolitical borders for the sake of global health.

You are invited to join us on Saturday, April 26, 2025 from 9 a.m. to 12:00 p.m. at the Washburn County Wellness Center 50+ to learn more about the importance of Tai Chi and meet our instructor, Don Ross. Washburn County Wellness Center 50+, 850 W. Beaverbrook Avenue, Spooner, WI.

HEALTH BENEFITS OF TAI CHI
<https://health.clevelandclinic.org/>



PHOTO SUBMITTED BY ADRC
ADRC Evidence-Based Tai Chi Instructor, Don Ross, teaching classes at the Shell Lake Senior Center.

the-health-benefits-of-tai-chi
There are hundreds of studies on tai chi, and researchers have found that it can help with many health concerns.

HELPS REDUCE STRESS
If you’re feeling the pressure of daily life, you may find that tai chi brings you the sense of quiet and calm that you crave. One small study of “healthy but stressed people” showed that practicing tai chi for 12 weeks significantly lowered their anxiety levels — maybe even better than other forms of exercise. Why? Chalk it up to mindfulness. To successfully practice tai chi, you have to think about your breathing and movements, which takes your mind away from whatever else may be bugging you. “The practice of being mindful is a great stress reliever,” Sobo says. “Tai chi’s movements require you to focus on breathing and movement together, so you’re focused on what you’re doing rather than on everything else going on in your life.”

CAN IMPROVE BALANCE
Falls can be dangerous and even deadly, especially in older adults. Tai chi may be able to help. A review of 10 studies on tai chi and balance found that people who practiced tai chi had up to 50% fewer falls than those who didn’t. And tai chi has been shown to help lower fall risks for people with Parkinson’s specifically. The U.S. Centers for Disease Control and Prevention (CDC) and the American Geriatric Society Clinical Practice Guidelines both recognize tai chi as an effective way to lower your fall risk.

GOOD FOR YOUR BRAIN
The older you get, the more difficult it becomes to easily switch from one task to another. But studies show that for some people, tai chi might be able to help. A small study of people in their 60s found that those who practiced tai chi daily for 12 weeks were better able to switch between tasks than those who didn’t practice it. They also had more activity in the prefrontal cortex, the area of the brain responsible for higher-level thinking skills. Another study showed that when older adults with memory issues practiced tai chi three times a week for six months, they experienced “significantly improved memory.”

MAY HELP WITH DEPRESSION
When combined with medication, tai chi may be able to help relieve symptoms of depression and get you feeling more like yourself again. One study looked at older adults who took escitalopram (aka Lexapro®) to treat major depression. It found that adding in just two hours of tai chi per week helped improve their depression symptoms. Another study saw similar results in psychiatric patients of varying ages, but larger studies are still needed to say for sure.

MAY HELP WITH FIBROMYALGIA PAIN
Fibromyalgia can cause full-body pain that can, at times, be debilitating. Could tai chi help bring some relief? A randomized study compared the effects of tai chi and aerobic exercise on people with fibromyalgia, finding that those who practiced tai chi found more symptom relief than those who

didn’t.
CAN HELP WITH KNEE OSTEOARTHRITIS
Studies show that a weekly tai chi practice can help relieve some of the pain of osteoarthritis in the knees — so well, in fact, that the American College of Rheumatology (ACR) and the Arthritis Foundation “strongly recommend” tai chi as a means of managing osteoarthritis pain.

OTHER BENEFITS OF TAI CHI
• **Affordable:** You don’t need special equipment or expertise to start doing tai chi. You can do it at home using instructional videos, making it a free or low-cost option.
• **Low-impact:** Tai chi doesn’t call for the same flexibility as yoga, nor is it as strenuous as other forms of exercise, making it easier on your joints and muscles. And you don’t have to be in shape already in order to do it. “Your fitness level doesn’t matter,” Sobo notes.
• **Accessible:** You should always check with a healthcare provider before starting a new activity, including tai chi. But on the whole, because it’s so low-impact, people of nearly any age can practice tai chi. It’s also generally thought to be safe for people with various medical issues, including heart disease and chronic obstructive pulmonary disease (COPD).

**WASHBURN
COUNTY
RESOURCES**



**LOCAL CRISIS
888.860.0373**

**SUICIDE AND
CRISIS LIFELINE**
988
Call or Text
Contact us:
www.healthywashco.org

FOOT CARE

FROM PAGE 9

lotions should be applied after feet have been thoroughly washed and dried. That locks in moisture and helps keep skin soft and supple. Afterwards, cover feet with breathable cotton socks for comfort and warmth.

3. TRIM NAILS

Keeping toenails trimmed is another important element of foot care. If they get overgrown, it can cause pain or interfere with stable walking. You could trim their nails yourself or find local nail care clinics that specialize in caring for senior feet. Podiatrists may also offer these types of foot care services. Professional care may be needed for seniors who have health conditions that affect their feet, like diabetes. If your older adult has dementia and trimming their toenails causes them to experience fear, paranoia, or discomfort, you might try making it a more spa-like experience. You could try things like soaking and massaging their feet before trimming or putting on their favorite TV show or movie to distract them.

4. MONITOR SORES

Did you know that a common location for bedsores is on the heels of the feet? For older adults who spend most of their time in bed or a chair, continuously resting their feet on a surface like a pillow, footstool, or mattress throughout



STOCK PHOTO

Healthy feet help seniors stay as mobile, balanced, and independent as possible. To reduce the risk of foot problems that could affect overall health, Vive Health shares 8 essential senior foot care tips that help keep your older adult’s feet comfortable and healthy.

the day can result in pressure and skin irritation that leads to tissue breakdown. Prevent this type of potentially life-threatening condition by “floating the heels” — propping the ankles up so the feet rest suspended in the air without touching anything.

5. GET PROPERLY FITTING FOOTWEAR

The health of your older adult’s feet can largely come down to their footwear. When was the last time they had their feet measured and sized by a specialist prior to buying shoes? Wearing shoes that are too small or too big can impact more than comfort levels — they can rub and cause blisters and other foot ail-

ments as well as impair mobility. In general, seniors should avoid wearing heels higher than 1 inch and find close-toe shoes that are comfortable and support their arch type, foot width, and ankle.

6. GET MEDICAL ATTENTION WHEN NEEDED

Common foot conditions like bunions, hammer toes, discolored toenails, corns, and calluses may seem harmless. But if your older adult has any of these, it’s worth getting an evaluation from a podiatrist to prevent harmful developments later, like infections. A foot expert may recommend simple conservative measures like wearing orthotic aids, like toe separators, bunions pads, and ankle braces.

They might also recommend updating footwear or topically treating any skin or nail conditions.

7. ADDRESS PAIN

Feet are often the first parts of the body to show symptoms related to conditions like arthritis, diabetic neuropathy. They can also be affected by injuries like plantar fasciitis. If your older adult experiences pain, tingling, numbness, stiffness, or inflammation in their feet or ankles, get them to a doctor or podiatrist for a thorough exam as soon as possible. Catching early warning signs can help you and your older adult take quick action to prevent medical complications down the line.

8. PROMOTE CIRCULATION

Older adults who suffer from chronic illnesses like diabetes, peripheral artery disease, or conditions that limit mobility may experience reduced circulation in their lower legs and feet. That can contribute to dangerous developments like blood clots. Circulation in senior feet can be improved with foot massages, elevating the lower legs when resting, and talking with their doctor about prescribing compression hose.

Guest contributor: Jessica Hegg is the content manager at ViveHealth.com. Interested in all things related to living healthy lifestyle, she works to share valuable information aimed at overcoming obstacles and improving the quality of life for others.

Foot & Nail Care Services

For seniors and people with disabilities who live in Washburn County

Available at the **Spooner Wellness Center** and **Birchwood Senior Center** by appointment only.

OTHER LOCATIONS
COMING SOON



EVERY SERVICE INCLUDES:

- Warm soak
 - Nail trim & file
 - Callus reduction (foot)
 - Lotion
- All reusable tools are autoclave sterilized!

SERVICES:

- \$25 Fingernail Trim
-
- \$35 Foot Care & Toenail Trim

SERVICES ARE PROVIDED BY MELISSA:

- Licensed Practical Nurse (LPN)
- 16+ years of experience in long-term care facilities
- Dementia-care certified
- Insured

Call or text
Melissa Erickson
to Schedule
715-645-2558

Cash or Check Only
Cannot Bill Insurance

Reimbursement programs may be available.

To learn more, contact the Washburn County Aging and Disability Resource Center (ADRC) at 715-635-4460

FARMERS MARKET NUTRITION PROGRAM

Wisconsin Farmers' Market Nutrition Program

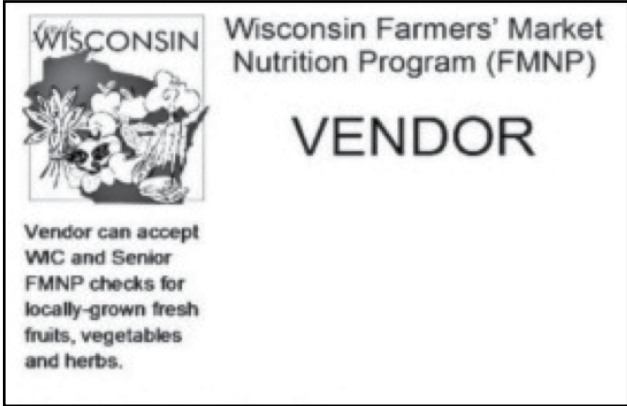
(FMNP) Coming Back to Washburn County)

The ADRC of Washburn County is excited to sponsor the Senior Farmer's Market Voucher program again this year. We will announce, once the applications are available for 2025. With 2023 being our first year, we did find that some vouchers were distributed, but not used. If any Washburn County residents would like to provide feedback to your experience or maybe why you did not apply, please contact the ADRC at 715-635-4460.



WHAT IS THE FARMERS' MARKET NUTRITION PROGRAM?

The Farmers' Market Nutrition Program offers you an opportunity to purchase fresh, locally grown fruits, vegetables, and herbs from certified farmers. Farmers' Market Checks are to be used June 1 – October 31, 202. You can take your checks to any participating farmers' market or roadside stand. Nearly every county in the state has at least one participating market. You can even take your checks with you when you are traveling throughout the state! Go to an authorized market (you will be given a list by your agency) and look for this yellow sign:



If you are a Washburn County farmer that sells fresh produce at market or have a roadside stand, we encourage you register now to become a certified vendor. The process is simple and you will reap the rewards of providing produce to local seniors and reimbursement by the State of WI.



WANTED VOLUNTEER:

The ADRC Senior Farmers' Market Voucher program team is in need of an additional volunteer(s) to help at our voucher distribution sites and with some clerical duties.

Please contact
Linda Hand at 715-635-4460,
if you are interested.

HOW DO I BECOME AN FMNP FARMER?
To become an authorized farmer, you must attend the FMNP Farmer Training and sign a FMNP Farmer Agreement. You may choose to complete these steps either in person, or online.

- ONLINE FMNP FARMER TRAINING**
1. Complete this brief Farmer Training Qualification Questionnaire.
 2. Review the training materials:
 - A. Farmer Training video
 - B. FMNP Farmer Training presentation, P-03671 (PDF)
 - C. FMNP Farmer Training manual, P-44854 (PDF) multiple languages
 3. Complete the Farmer Training Post Quiz.
 4. Sign the Farmer Agreement which will be sent via DocuSign link from dhswicfmnp@dhs.wisconsin.gov.

- IN-PERSON FMNP FARMER TRAINING**
1. Contact your local WIC office.
 2. Attend a training in person or by video conference if:
 - A. You are new to the program.
 - B. You have broken FMNP rules before.
 3. Read and sign the Farmer Agreement. This confirms you know the program's rules.

- You cannot accept FMNP checks until you complete these steps. Once complete, the State WIC Office will send you:
- A letter stating you are an FMNP authorized farmer.
 - A copy of your signed Farmer Agreement, if not completed via DocuSign.
 - An FMNP sign to put up at the market or farmstand.
 - An FMNP stamp to stamp the FMNP checks you deposit.
 - Check deposit instructions.

WHO CAN JOIN FMNP AS A FARMER?
To join FMNP as a farmer, you must grow one or more of the items you sell. These are called "homegrown products." With homegrown products, you must:

- Make sure they are on the Wisconsin WIC and Senior FMNP Approved Foods List, see attached.
- Sell them at an FMNP farmer's market or farm stand.
- Grow them in Wisconsin or a farm within 50 miles of Wisconsin.

RENEWING YOUR AUTHORIZATION
Farmers need to renew their Farmer Agreement every three years. You will get an email or regular mailing if you need to renew your agreement. You do not have to take the training again unless you break FMNP rules.
FMNP modernization
Learn about FMNP modernization updates including check deposit options, use of DocuSign, and technology use in the future.

- WHO DO I CONTACT?**
For more details about FMNP or to schedule a training, contact your local WIC office.
To renew or for other questions, contact the state WIC office:
- Email: the Farmers Market Nutrition Program at dhswicfmnp@wisconsin.gov.
 - Call: 608-609-8240

LEARN MORE ABOUT WIC AND OTHER PROGRAMS YOU MAY BE ELIGIBLE FOR:
Monday-Friday, 7 a.m.-6 p.m.
Call 800-642-7837
Text 608-360-9328
Email help@wellbadger.org
TTY and interpreter services are available.

Get on a waiting list **NOW** for your housing needs **LATER**

Washburn County Housing Authority
is accepting applications for their rental properties.
1 & 2 bedroom units

Schricker Manor & Goslin Court (Spooner)
West Side Manor (Shell Lake) • Birch Haven Manor (Birchwood)

Call for details: 715-635-2321

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

SENIOR CENTER NEWS

BIRCHWOOD SENIOR CENTER
LAKESIDE CENTER

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

PAT AND KRISTI

Birchwood Senior Center

Many thanks to the Washburn County ADRC for coordinating another successful event. On February 26th, several members of the Birchwood Senior Center took part in the bus trip to Chanhassen Dinner Theatre. It was a fun day filled with great food while watching the classic musical GREASE. Grant funding was used to cover the cost of the bus ticket, with a suggested

contribution of \$50 each for the luncheon and ticket to Grease. It was open to all Washburn County residents age 60+, adults with disabilities age 18-59, and their caregivers. Be sure to watch the ADRC Facebook page or this article for more upcoming events. If you are not a resident of Washburn County, call anyway...they do create a waiting list for you.

Our chair yoga group has really gotten popular. They are focusing on balance and strength working

at your own pace.

Book club enjoyed a discussion of the Shelby Vanfelt novel “Remarkably Bright Creatures.” April group read will be “Hello Beautiful” by AnnNapolitano. We also talked about our favorite reads including “Younger Next Year” which we highly recommend for living a healthier, full life as we age.

Do not want to drive 25 miles to the theatre...join us for movie night with free popcorn and beverage. March choice was “The Six Triple Eight”, very entertaining, based on a true story about the Central Postal Directory Battalion during WWII. Our new cribbage group is getting off the ground. We have some enthusiastic players who are willing to teach anyone interested. The last sessions of Boost Your Brain and Memory was

presented by Patryce Garcia, ADRC Dementia Care Specialist/Caregiver Support Coordinator. Look for a repeat class in a couple months.

Do not forget those delicious sit-down Dining at Five meals... they are a real treat! March was an all-time favorite corned beef and cabbage. April will be classic lasagna...YUM!

As I am writing this, the wind is howling, my sidewalk has disappeared under almost a foot of snow, and I know I might not get out of my driveway today. Schools and events are canceled. Wasn't I just enjoying a brisk walk in a light sweater 2 days ago? This is the beauty of living with the four seasons of the Midwest. I for one love it! For others, it is not a choice.

SEE BIRCHWOOD PAGE 17

2025 ADRC OF WASHBURN COUNTY COMMUNITY SERVICES & EVENTS CALENDAR

ADRC APRIL 2025 EVENTS

TUESDAY, APRIL 1ST – A new “Boost Your Brain & Memory” (6-Session Series) starts at the Minong Area Senior Center, 10:15-11:15 a.m., ...Call Patryce Garcia, 715-635-4477, to register, as space is limited.

WEDNESDAY, APRIL 2ND – Nutrition Staff Training Meal Sites Closed – No Congregate or Home Delivered Meals

FRIDAY, APRIL 4TH - Washburn County Transit Van Shopping Trip to Rice Lake, call (715)635-4465 for reservation, space limited. Washburn residents age 60+ & adults with disabilities.

MONDAY, APRIL 7TH - Alzheimer’s Caregiver Support Group led by the ALZ Asso. 9-10 a.m. Spooner Trinity Lutheran Church

MONDAY, APRIL 7TH – Minong Area Senior Center Dining @ 5

TUESDAY, APRIL 8TH - Memory Café, Trinity Lutheran Church Spooner 2-3:30 p.m.

WEDNESDAY, APRIL 9TH - Washburn County Caregiver Coalition, ADRC Office South Conference Room, 2:30-3:30 p.m. Public welcome to join!

FRIDAY, APRIL 11TH - Washburn County Transit Van Shopping Trip to Rice Lake, call (715)635-4465 for reservation, space limited. Washburn residents age 60+ & adults with disabilities.

MONDAY, APRIL 14TH – Shell Lake Senior Center Dining @ 5

THURSDAY, APRIL 17, 2025 – Alzheimer’s Association Lunch & Learn: Alzheimer’s research and updates on the current treatments available. 10-11:30 a.m. Spooner Wellness Center 50+. Lunch served at 12:00 noon. Reservations required, as there is limited seating. To register for the seminar call the Alzheimer’s Association 24/7Helpline at 800.272.3900 or through this link: <https://bit.ly/AdvancingScienceSpooner>

Menu: Baked Chicken Breast, Build a Baked Potato Bar, & Strawberry Pretzel Dessert. Reservations for lunch, please call the Wellness Center at 715-635-8283.

FRIDAY, APRIL 18TH – **CLOSED HOLIDAY** Good Friday ADRC Office & Meal Sites Closed – No Congregate or Home Delivered Meals

MONDAY, APRIL 21ST – Spooner Wellness Center 50+ Dining @ 5

WEDNESDAY, APRIL 23RD - Brain Break PBS Screening of “Alzheimer’s and the Gut-Brain Superhighway”, 10:30-11:30 a.m., Birchwood Senior Center. Reservations are required for lunch by calling 715-354-3001. If you have questions about the screening,

Please contact Patryce Garcia at 715-635-4477 or pgarcia@co.washburn.wi.us

FRIDAY, APRIL 25TH - Washburn County Transit Van Shopping Trip to Rice Lake, call (715)635-4465 for reservation, space limited. Washburn residents age 60+ & adults with disabilities.

SATURDAY, APRIL 26TH – World Tai Chi Day 9 a.m. – 12:00 p.m. @ Spooner Wellness Center 50+

TUESDAY, APRIL 29TH – Birchwood Senior Center Dining @ 5

ADRC MAY 2025 EVENTS

FRIDAY, MAY 16, 2025 – Medicare 101 Lunch & Learn: Steve Shapiro, Medigap Insurance Counselor of the Wisconsin Board on Aging & Long Term Care – hosted by the ADRC of Washburn County Elder Benefit Specialist Program. Lunch served at 12:00 noon, followed by the presentation starting at 1:00 p.m. Reservations required, as there is limited seating. Please call the ADRC at 715-635-4460 to register for lunch and the seminar.

ADRC JUNE 2025 EVENTS

WEDNESDAY, JUNE 18, 2025 – Summer Social Dinner & Concert Series at the Shell Lake Pavilion and Community Center. “Country Western Night” Featuring music by Larry’s Drifters & food by Performance Foods.

ADRC JULY 2025 EVENTS

WEDNESDAY, JULY 23, 2025 – Summer Social Dinner & Concert Series “Rock n’ Roll Night” at the Shell Lake Pavilion and Community Center. Featuring music by 2nd Time Around Band.

ADRC AUGUST 2025 EVENTS

WEDNESDAY, AUGUST 20, 2025 – Summer Social Dinner & Concert Series “We Love our Volunteers” Volunteer Appreciation Night at the Shell Lake Pavilion and Community Center. Featuring music by Sean & Ian Okamoto.

ADRC SEPTEMBER 2025 EVENTS

WEDNESDAY, SEPTEMBER 24, 2025 - Washburn County Caregiver Conference, Spooner Wellness Center 50+.

ADRC OCTOBER 2025 EVENTS

Charter Bus Trip? We are working on a plan.

BIRCHWOOD FROM PAGE 16

As hard as the weatherman tries to prepare us for changes, Mother Nature has the last call. This is how life is...adapting to life changes, as a senior is a journey requiring resilience, flexibility, and a positive mindset. By embracing new opportunities, staying active and connected, and taking care of both our physical and emotional health, we can navigate these changes with grace and purpose. When we can let go of sureness, look beyond what we already know,

stay CURIOUS, and listen to dissent, we can come up with better solutions to the difficulties that change can bring on. Sounds easy to say... right? You have heard it before. What is the alternative? Please join or inquire about any of our activities. We continue to look for Meals on Wheels volunteer drivers; you get to meet some nice homebound folks, feel a good sense of giving, and get a free Kristi Meal! In addition, we are looking for people who would like to contribute to this monthly article.

For any more information, just call the Center at 715-354-3001. Now, for those who think seniors are not crafty at text messaging, here is our "lame" humor of the month: LOL=Little Old Lady BFF=Best Friend Fell ATD=At The Doctor's CBM=Covered by Medicare FWIW=Forgot Where I Was OMSG=Oh My! Sorry! Gas! Enjoy life as we approach Spring!



Take a NOURISH Step!

April: Connecting Stress Awareness to Emotional Overeating

April FUN Days!

4-5: Read a Road Map Day
Share a story.

4-12: World Circus Day
Share a memory.

4-13: Scrabble Day
Play a game with a friend or on your own.

4-30 Walk at Lunch Day
Take a walk before or after lunch, even if it is just a few moments, you'll feel better!

More at brownielocks.com

Stress Awareness Month and **Emotional Overeating Awareness Month** share a profound connection, as stress often plays a pivotal role in driving emotional overeating. **Stress triggers the release of cortisol, a hormone that can heighten cravings for comfort foods high in sugar and fat.** Emotional eating becomes a coping mechanism for managing overwhelming feelings, creating a cycle that affects both mental and physical health. Raising awareness about stress management techniques—such as mindfulness, exercise, and social connection—aligns perfectly with efforts to address emotional overeating. By promoting healthier ways to handle stress, you can break free from this cycle. Check out the **Resources** on page 2.

April is Soy Food Month.

Incorporate soy foods easily by adding soy milk to drinks, tofu to stir-fries, edamame to salads, or tempeh to tacos. Snack on roasted soy nuts, try soy-based burgers, or use soy yogurt, cheese, or protein powder in your favorite recipes. Studies suggest eating soy protein instead of other types of protein can help slightly lower your total cholesterol and "bad" LDL cholesterol levels.

Emotional Eating NOURISH Steps Tips

Identify Triggers:
Write down when and why you eat to recognize patterns.
(Understand)

STOP & Seek Solutions:
Once you identify the stressor, write down actions to resolve it.

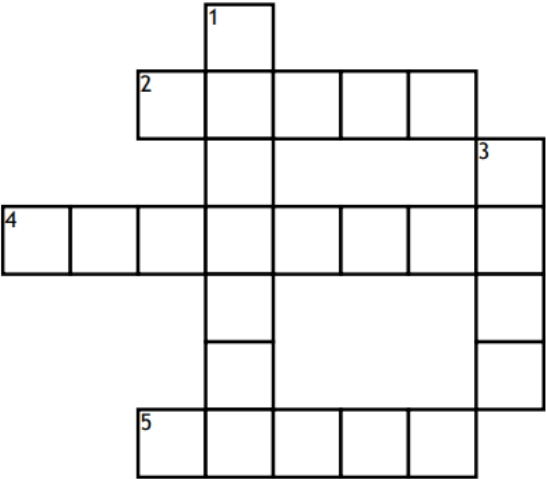
Substitute
Fruit & Veggie sticks/strips for chips.
Try Icelandic or Greek Yogurt for ice cream.
(Nutrient Rich)



Keep Your Mind Busy

- ACROSS**
- 2. A _____ can take your mind off your troubles.
 - 4. Move to relieve stress.
 - 5. Lack of this can increase stress.

- DOWN**
- 1. Where you can write to relieve stress.
 - 2. Furry friends that provide comfort.



MINDFUL EATING TIPS

USE A BABY SPOON & TAKE TWO BITES:
Eat mindfully. Use a baby spoon when eating a treat and savor each tiny bite. Focus on the flavor, smell, mouthfeel. Don't deprive yourself of your favorite dessert. Instead, take two bites. The first two bites usually have the most flavor. After that, you're just "eating."

CALL A FRIEND OR WRITE IN A JOURNAL
You may find you are no longer craving the stress food once you get the stressor out of your head.

BRUSH YOUR TEETH:
Brushing can help get the adrenaline out of your system.

TO BLOCK A SWEET CRAVING:
Suck on a lemon wedge or sour pickle.

TO BLOCK SALTY OR SPICY CRAVINGS:
Try gum or strong mint candy.

Stay Hydrated:

Sometimes thirst is mistaken for hunger, drink water or a hot comforting beverage like a flavored coffee or tea before reaching for a snack.

Answers to Crossword:

- 1. Journal
- 2. Hobby
- 3. Pets
- 4. Exercise
- 5. Sleep

***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**



For more information visit: gwaar.org/nourishstep

Spooner Farmers Market Vendors Wanted

<https://www.facebook.com/SpoonerFarmersMarket>

We have opening day set as Saturday, June 14, 2025 at the Washburn County Fairgrounds! Same day as the Dairy breakfast!

- We are looking for vendors for:
- Lettuce and greens • Microgreens
 - Mushrooms- foraged or cultivated
 - Fruit • Food trucks • Cheese

Please message us on Facebook or email at the spoonerfarmersmarket@gmail.com
Produce must be grown locally - 90-minute radius from our market.
-thank you Stacy & Nikki



ADVANCING THE SCIENCE: THE LATEST IN ALZHEIMER'S AND DEMENTIA RESEARCH

Join us for a Presentation by the Alzheimer's Association®



Today, nearly 7 million Americans are living with Alzheimer's — an escalating health crisis that affects many in our community. At the same time, significant progress in Alzheimer's research has led to advancements in diagnosing, treating and preventing dementia. Join us to learn more about the latest in Alzheimer's research, and how the Alzheimer's Association is leading the way toward a world without Alzheimer's and all dementia.

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**Thursday, April 17
10:00am-11:00am**

**Washburn County
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Spooner, WI**

To register call the
Alzheimer's Association 24/7
Helpline at 800.272.3900 or
through this link:
<https://bit.ly/AdvancingScienceSpooner>

www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811



Staff please note that registration for this seminar is through the ALZ Association, but reservations for lunch are through the Wellness Center.

LUNCH SERVED, FOLLOWING THE PRESENTATION AT 12:00 NOON.

Menu: Chicken Breast, Build a Baked Potato Bar, WG Bread, & Strawberry Pretzel Dessert. Everyone is welcome to join us. Reservations are required by calling 715-635-8283. *Those eligible to participate on a contribution basis include anyone sixty and older. Suggested contribution is \$6-\$8 per meal. *Individuals under the age of sixty are welcome, but must pay the full meal cost of \$15 to participate.



All photos provided by the Spooner Farmer's Market

SENIOR NEWS



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**MODERNIZING WISCONSIN'S
ALZHEIMER'S FAMILY AND
CAREGIVER SUPPORT PROGRAM
(AFCSP)**

STATE ISSUE BRIEF
608-228-7253
www.gwaar.org/waan
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Remove income-based restrictions to expandcare giver access and maximize funding.

Since 1985, Wisconsin's Alzheimer's Family and Caregiver Support Program (AFCSP) has been a vital resource for families caring for loved ones with dementia at home. The recent \$250,000 funding increase in the 2023-2025 budget demonstrates Wisconsin's commitment to supporting these caregivers. However, outdated income restrictions limit access to this critical program, leaving many families without the help they need.

WANN'S POSITION:
Update Wis. Stat. 46.87 to eliminate means-testing or "income-based" eligibility for AFCSP to ensure equitable access and protect federal funding.

ALZHEIMER'S AND CAREGIVING IN WISCONSIN
(source: Alzheimer's Association)
Wisconsin Alzheimer's Facts and Figures 2024
Please note: These numbers only account for those caregivers who are caring for a person with Alzheimer's.

# of Caregivers	205,000
Total House of Unpaid Care	297,000.000
Total Value of Unpaid Care	\$5,528,000.00

Caregivers are stepping-up each day to provide everything from grocery shopping and personal care to wound care, blood sugar monitoring and physical therapy exercises. Many of them are doing this while working, managing health issues of their own or additional family members. An updated statute can help the programs that support Wisconsin caregivers who are tasked with this challenging role.

WHY IT MATTERS:

- Dementia care costs families nearly \$400,000 over a lifetime, with 70% of this burden falling on caregivers.
- Wisconsin's 580,000 unpaid family caregivers contribute an estimated \$9.2 billion in value annually.
- AFCSP provides essential services like respite, transportation, and in-home support, which delay more costly Medicaid-funded care.

THE ISSUE:

- **Federal Funding at Risk:** Starting in 2025, federal caregiver support funds through the Older Americans Act (OAA) will require state match funding without means-testing restrictions. Currently, more than half of Wisconsin counties use AFCSP funds to meet the OAA's 25% match requirement. Without a statutory update, counties will lose access to federal funds, jeopardizing essential care-

giver services.

- **Underutilized State Funds:** Income restrictions prevent full utilization of AFCSP funding, leaving families who need support unable to access it.

PROPOSED SOLUTION:

WAAN and the Department of Health Services (DHS) recommend eliminating means-testing from AFCSP. This change will:

- 1. Protect Federal Funding:** Ensure AFCSP funds qualify as a state match for OAA caregiver programs, preserving essential federal dollars for Wisconsin families.
- 2. Maximize State Resources:** Expand access to AFCSP for families in need and fully utilize available funding.

CALL TO ACTION:

Caregiving is a non-partisan issue affecting every district and community. Updating the AFCSP statute will safeguard federal funding, expand caregiver support, and honor the program's mission to aid Wisconsin's tireless family caregivers.

Be a champion for caregivers—support this statutory update to sustain and strengthen the AFCSP for Wisconsin families.



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